

*You will know that your baby is getting plenty of breastmilk in the first week of life when...*



1. Your baby was on the breast as soon as possible after the delivery (ideally within one hour of birth). ☐
2. Your baby is interested in feeding every 1-1/2 to 2 hours. Babies have small stomachs and it is normal for them to be hungry often. ☐
3. Your baby can be heard or seen swallowing. ☐
4. Your baby seems satisfied and content after feeding. ☐
5. Your breasts feel softer after each feeding. ☐
6. Your baby has enough wet diapers and poops. ☐

I have an appointment for my baby's check up on \_\_\_\_\_

Call \_\_\_\_\_ if you have any questions about breastfeeding.

You may also bring your baby to your WIC Center so they can help you with breastfeeding. Bring this sheet with you to your WIC visit.

## COUNT THE DIAPERS

Check the boxes below to help keep track of how many poops and wet diapers your baby has each day. (example: ✓)

The boxes show the smallest number of diapers for most babies.

It is okay if your baby has more diapers than what is indicated.



Baby's age	wet	poops
DAY 1 (Birthday)	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
DAY 2	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
DAY 3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
DAY 4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
DAY 5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
DAY 6	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
DAY 7	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



Your baby may have more than 6 poops a day after the 1st week.

This handout is designed to be used until your baby is one week old.

*Watch for the poops to change during the first week.*

The color and texture of your baby's poops will change.

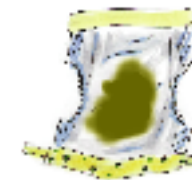
### Color and texture

Day 1-2



Thick, tarry and black

Day 3-4



Greenish yellow

By day 5



Seedy, watery mustard color

Call your doctor immediately or go to the emergency room if your baby has:

- \*a dry mouth
- \*sunken "soft spot" in the head
- \*red brick dust in urine or red colored urine
- \*baby's skin looks yellow (jaundice)